



## fresh salads half size / whole size

*(Ask for a French baguette or Sourdough bread instead of honey-wheat roll)*

### Garden Harvest Salad

Mixed greens, fresh tomatoes, cucumbers, carrots, organic sprouts, choice of vegan dressing. 5.29 / 7.49

**Vegan dressing choices:** Balsamic Vinaigrette, Mango Vinaigrette, Fresh Salsa, Thai Peanut Dressing, Oriental Dressing or Lemon Tahini Dressing

*(Ask for: no croutons)*

### Mediterranean Tahini Salad

Chopped lettuce, tomatoes, cucumbers, red onions, artichoke hearts, roasted garlic hummus, lemon tahini dressing. 5.99 / 8.49

*(Ask for: no feta cheese)*

### Green Apple Salad

Baby spinach, mixed greens, green apples, candied walnuts, dried cranberries, balsamic vinaigrette. 5.99 / 8.49

*(Ask for: no gorgonzola cheese)*

### BBQ Chop Salad

Chopped lettuce, black beans, grilled corn, tomatoes, green onions, tortilla strips, drizzled BBQ sauce, choice of vegan dressing. 6.49 / 9.29

**Vegan dressing choices:** Balsamic Vinaigrette, Mango Vinaigrette, Fresh Salsa, Thai Peanut Dressing, Oriental Dressing or Lemon Tahini Dressing

*(Ask for: no BBQ chicken\* / choice of vegan dressing)*

### Crispy Thai Salad

Mixed greens, carrots, Napa cabbage, peanuts, green onions, Thai peanut dressing. 6.49 / 9.29

*(Ask for: no crispy chicken\*, no wonton strips)*

### Mandarin Salad

Chopped lettuce, Napa cabbage, snap peas, mandarin oranges, green onions, toasted almonds, sesame seeds, Oriental dressing. 6.49 / 9.29

*(Ask for: no chopped chicken\*, no wonton strips)*

### Fresh Fruit Salad

Seasonal fresh cut berries, melons & other fruit. 4.29

### Create Your Own Salad 3.49 + toppings

- 1) **Choose your Base:** mixed greens, romaine, ½ spinach / ½ mixed greens, or chopped lettuce
- 2) **Choose Vegan Dressing:** Balsamic Vinaigrette, Mango Vinaigrette, Fresh Salsa, Thai Peanut Dressing, Oriental Dressing or Lemon Tahini Dressing
- 3) **Add Toppings:**
  - **69¢ each:** almonds, apples, black beans, broccoli, carrots, corn, cucumbers, green onions, Napa cabbage, organic sprouts, peanuts, red onions, snap peas, tomatoes, tortilla strips
  - **99¢ each:** artichoke hearts, candied walnuts, dried cranberries, fresh avocado slices, marinated red peppers, pine nuts



# lunch & dinner items



## Hummus Delight Sandwich

Fresh avocado slices, green leaf lettuce, sliced tomatoes, cucumbers, organic sprouts, homemade hummus spread.

Served on your choice of French baguette or Sourdough bread. half size - 4.99 / whole size - 7.69

*(Ask for: no fresh mozzarella, no cookie) \*add side of fruit for 0.50*

## Thai Peanut Pasta

Udon noodles, snap peas, julienne carrots, green onions, roasted peanuts, Thai peanut sauce. 8.99

*(Ask for: no crispy chicken, no garlic bread / sub French baguette or Sourdough bread)*

## Local Vegetable Harvest Soup *(served Saturdays only)* cup - 3.79 / bowl - 4.99

*(Ask for: no honey-wheat roll / sub French baguette or Sourdough bread)*

**combos** Add a Side & Beverage to any Entrée – 3.69 *(Sides à la carte – 2.99)*

### Choose a Side:

- Side Garden Salad *(no croutons)*
- Hand-Cut French Fries
- Fresh Fruit Salad

### Choose a Beverage:

- Organic Iced Teas or Sodas *(free refills)*
- Bottled Spring Water
- Fresh Squeezed Lemonade (+.50)
- Strawberry Lemonade (+1.00)

# beverages

**Organic Iced Tea or Soda** 1.89 *(free refills)*

**Bottled Spring Water** 1.89

**Fresh Squeezed Lemonade** 2.29

**Fresh Squeezed Strawberry Lemonade** 2.79

**Fresh Squeezed Orange Juice** 2.99

**Organic Coffee** 12oz. - 1.79 / 20oz. - 1.99 *(Green Star Organic Coffee)*

**Organic Hot Teas** 1.79 *(Art of Tea Organic Teas)*



# smoothie

**Strawberry Swirl Smoothie** reg. 3.79 / large 4.99

*Fresh squeezed orange juice, fresh strawberries and bananas blended with ice and organic peanut butter.*

*(Ask for: no frozen yogurt, substitute peanut butter & ice)*